



FaithWorks Counseling
Dr. Debbie Harnois
2901 University Avenue, Suite 17
Columbus, GA 31907
706.366.9691
www.FaithWorksCounseling17.com

SMART Goals Worksheet

S.M.A.R.T. = Specific, Measurable, Achievable, Relevant, Time-Bound

Step 1: Write Your Goal

What do you want to achieve? (Be clear and specific.)

Step 2: Make It SMART

- **Specific** – What exactly do I want to accomplish?
Example: *"I want to walk more for exercise."*
- **Measurable** – How will I know I've achieved it?
Example: *"I will walk for 20 minutes, 3 days per week."*
- **Achievable** – Is this realistic with my current life, time, and resources?
Example: *"Yes, I can fit in 20 minutes before or after work."*
- **Relevant** – Does this align with my bigger goals (health, confidence, anxiety reduction)?
Example: *"Yes, moving more will help my mood and health."*
- **Time-Bound** – When will I start and when will I check my progress?
Example: *"I will start on Monday and review after 4 weeks."*

Step 3: Write Your SMART Goal Statement

"My goal is to _____ by
_____ so that I can _____."

Step 4: Action Steps

What small steps will I take to reach this goal?

1. _____
2. _____
3. _____

Step 5: Check-In

- **Start Date:** _____
- **Review Date:** _____
- Did I meet my goal? ☐ Yes ☐ No
- What worked well? _____
- What will I change for next time? _____